

SUZY TORONTO

# COLOR SISTERHOOD

COLORING BOOK



# Live a Life Worth Coloring



The Wonderful Wacky Women concept began more than 20 years ago with my adopted 8-year-old son. One day he innocently asked, "Mommy, who is she that grew me in her tummy?" Wanting to answer, but not knowing much, I replied, "I'll draw you a picture of her." I sketched out "She Who is With Child" and patterned it after myself that day, right down to my untamed hair and bare feet. I wanted him to think he was no better off and no worse off—he was just with the Mom God wanted him to have. I left the character faceless to allow him to imagine what she looked like.

It satisfied him, and he went on with his child's play. Since that day, The Sacred Sisterhood of Wonderful Wacky Women, who stand for all that is good and right in the world, has captured the imagination of millions.

My hope is that these illustrations and their accompanying quotes and sayings make you laugh, encourage you to take yourself less seriously, and give you the ability to see that, in spite of any hairpin turns on the roller coaster of life, you are truly living a life worth coloring.

Welcome to my world.

— SUZY TORONTO

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# So This is Me

So this is me...I'm a tad wacky and just shy of crazy.

And I love to create. Whether I'm painting fine art in my studio, drawing my wacky characters on location at shows, sitting at my pottery wheel on my back porch, or writing at my computer, the creative process is liberating beyond words. I am forever exploring new ways to express the energy inside me. But I feel forever blessed to have these gifts and vow to never take them for granted.

I'm 50-something years old and live mere feet from the ocean in a funky little surf town called New Smyrna Beach, Florida. Yes, I know. New Smyrna Beach has been officially declared the "Shark Bite Capital of the World," but the sand sparkles like white crystals and the water is a thousand shades of aqua blue. Waking up every morning to this glorious sight makes my heart tingle. I share that space with my husband, Al, and a goofy Labrador retriever named Lucy. I eat chocolate truffles while I paint—and



when they run out, I quit. I drink Perrier sparkling water so often I'm considering taking out stock in the company. I practice yoga, which for some strange reason I think will help compensate for my horrible diet, and I sit on the beach with my toes in the sand every chance I get.

I have five grown children and fourteen grandkids who love me as much as I adore them. I've taught them to dip their French fries in their chocolate shakes, make up any words they want to any tune they like, and to never, ever color inside the lines. (However, they all feel the need to assure their friends that they also have another set of grandparents who are "normal.")

# Add the Color... Feel the Tingle

There's nothing more satisfying than finishing a work of art. It adds excitement and joy to your life. Or to use my favorite tag line, you "Feel the Tingle."

The fact is, not everyone likes to draw, but everybody loves to color. Thus, anyone can experience the joy of participating in creating a piece of art with a coloring book. That's the genius of the medium. It's fun, interesting, and very fulfilling.

It doesn't matter how creative you are, you can learn about color and finish a masterpiece worth displaying. That's the purpose of this introduction—to teach you this skill.

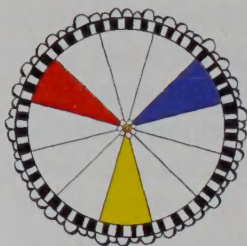
If you already know this stuff, have a ball. If you don't, this information is way worth the effort. It will influence the way you color your entire world, from your home to your clothing to your food. Yes, even how you apply your makeup. And you will become a coloring book guru to boot.

So let's begin.

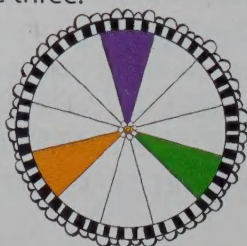
## Color Selection Is Critical

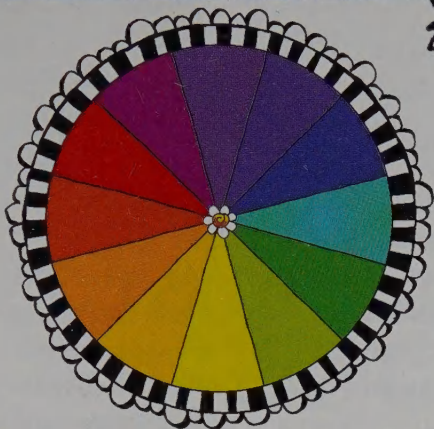
You definitely want that "wow" factor when you're finished. So you need to know which colors do and do not complement each other. Do it right, and it will look like a Picasso.

The most essential tool in color selection is the color wheel, presented on the next page. Each color in the wheel is either PRIMARY, SECONDARY, or TERTIARY.

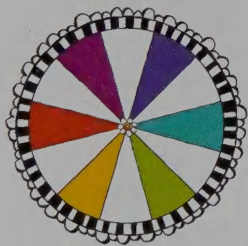


The primary colors are red, yellow, and blue. These are the root colors—they can't be created by mixing other colors. They are the pure foundation of the color wheel. All other colors are some combination of these three.





The secondary colors are orange, green, and purple. They are simply an equal mix of two primary colors (red + yellow = orange, yellow + blue = green, and blue + red = purple).

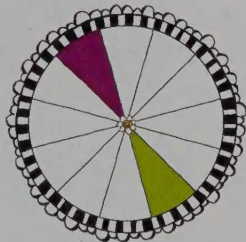


Tertiary colors are created by mixing a primary color with a secondary color. The resulting color is a matter of the percentage of the colors in the mix. There is no end to tertiary colors.

Colors are also categorized as warm or cool. Red, yellow, and orange are warm colors. Green, blue, and purple are cool colors. Selecting warm or cool colors really sets the mood of your

piece. Warm colors are bold and exciting, while cool colors are more calm and peaceful.

Things really get interesting when you start playing with variations of a color. You can "tint" a color by adding white to the mix. Or you can "shade" a color by adding black.



Colors opposite each other on the color wheel are called "complementary" and really pop off the page when they are used adjacent to each other. That's why you see yellow writing on purple backgrounds on billboards all over town. Or vice versa.





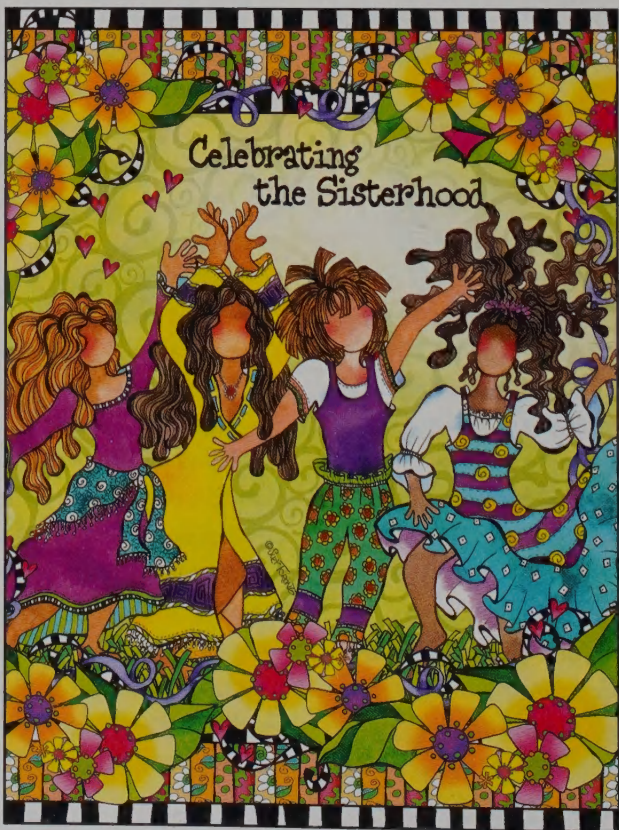
## My Personal Twist

Since my earliest days as an artist, I have embraced the color yellow. Whether I am painting in my preferred medium of watercolors or dabbling in acrylics, pencils,

markers, inks, or crayons, I almost always start with a layer of pale yellow—especially on a piece I want to be on the warm side of the color wheel. This assures that any work of art gets a wash of sunshine, whether

the final colors are green, yellow, orange, or red. It really makes the colors pop. Greens get limey, oranges get a tangerine glow, reds get fiery, and yellows get even more electric.

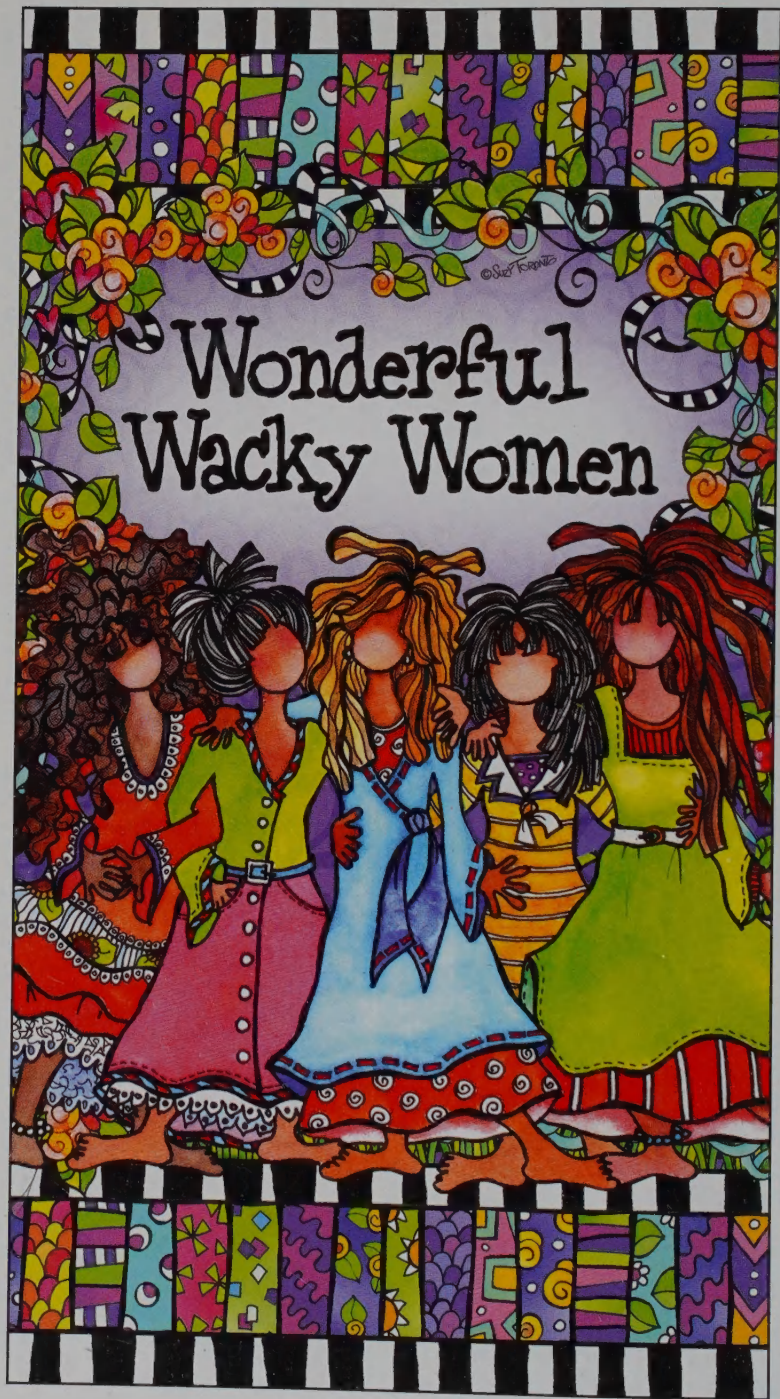
And don't forget to leave open spaces with no color for white. It's easy to want to color every single nook and cranny with one of your fun colors, but leaving enough white is just as important to give your finished piece a lovely balance.





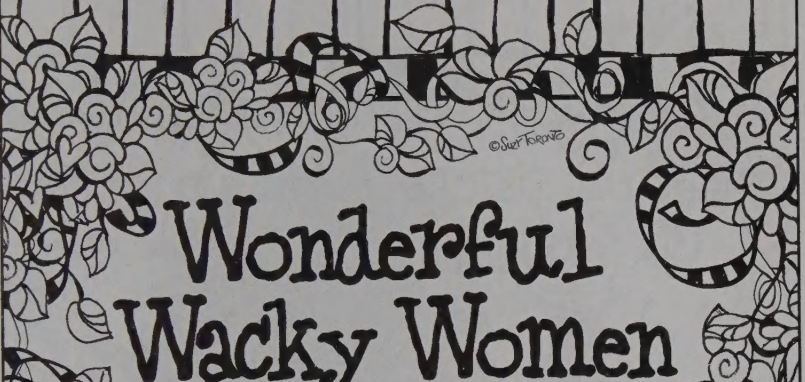
Your Time Has Come (mini), Color by Tiffany Nizzario





Wonderful Wacky Women (mini), Color by Suzy Toronto  
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© Suzy Toronto

# Wonderful Wacky Women



One laugh, one smile, one hug—  
one great sisterhood of wonderful  
wacky women.

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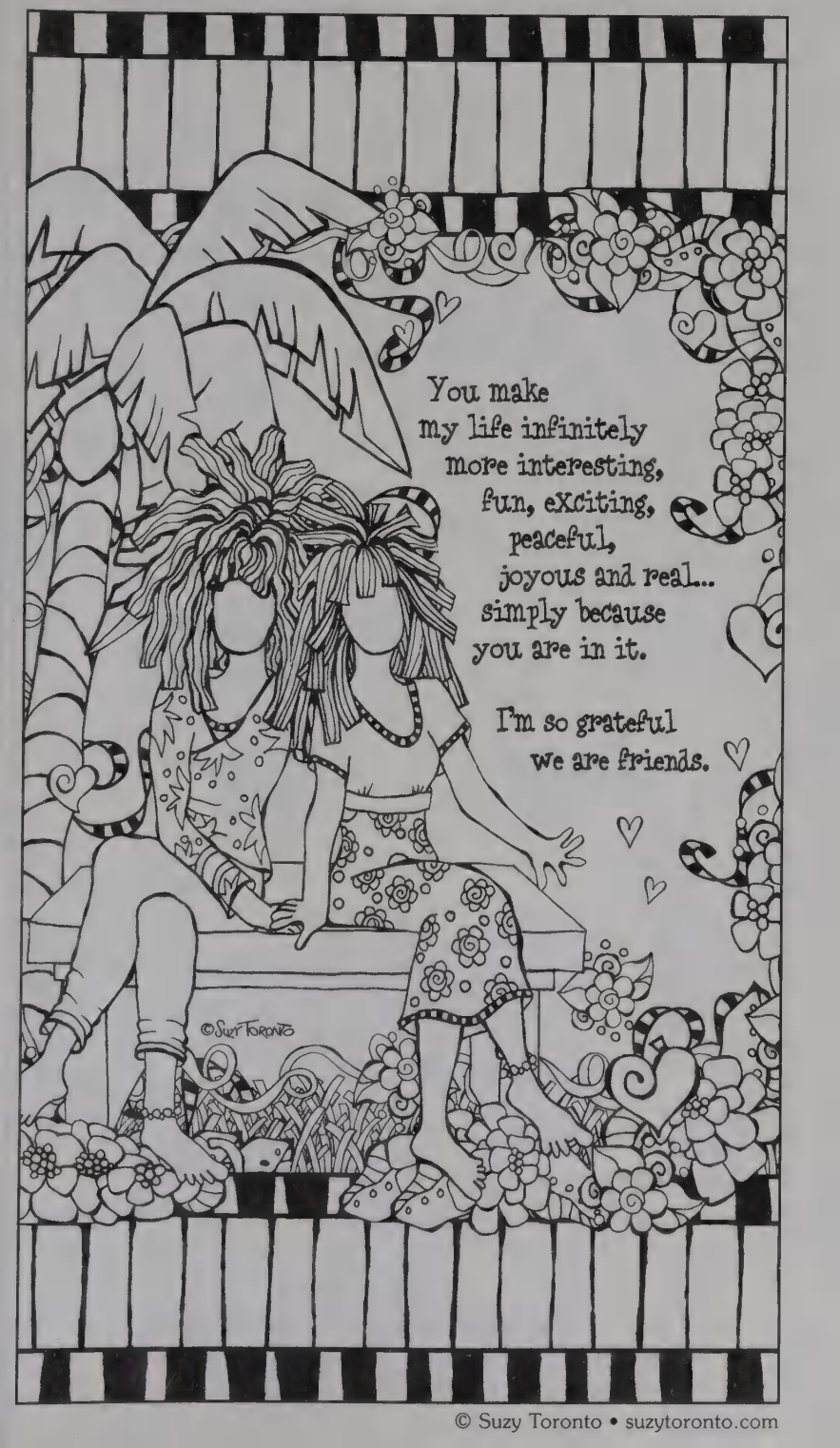


Don't Let  
Anyone Dull  
Your  
Sparkle

Go ahead—break the rules! And  
whatever you do, don't worry about  
staying inside the lines.

Don't Let Anyone Dull Your Sparkle (Sisterhood, mini)





You make  
my life infinitely  
more interesting,  
fun, exciting,  
peaceful,  
joyous and real...  
simply because  
you are in it.

I'm so grateful  
we are friends.

© Suzy Toronto

You make my life infinitely  
more interesting.

I'm So Grateful We Are Friends (mini)



Rise  
by  
Lifting  
Others

© Suzy Toronto

Heart Air  
Balloon Rides  
NO CHARGE



Today, give a compliment to a  
complete stranger. It will make  
both of you smile.



Always  
Color  
**OUTSIDE**  
the  
Lines

© Suzy Toronto

If you want to make a difference in  
the world, do it by being different  
from the world.

Color Outside the Lines (Sisterhood, mini)



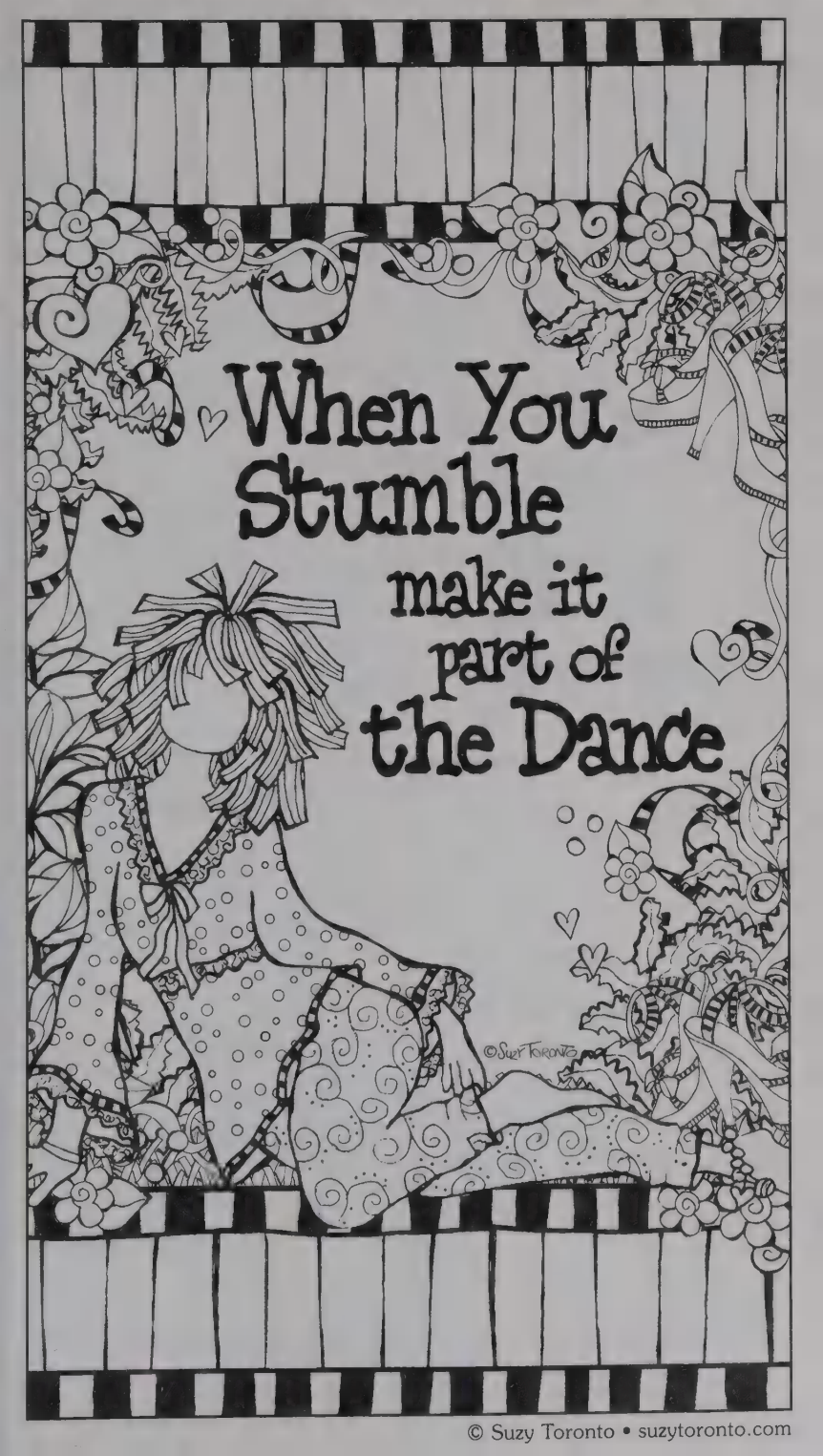


choose to  
make  
your  
Life  
Amazing

© Suzy Toronto

Thinking bigger will make  
all the difference.

Choose to Make Your Life Amazing (mini)



When You  
Stumble

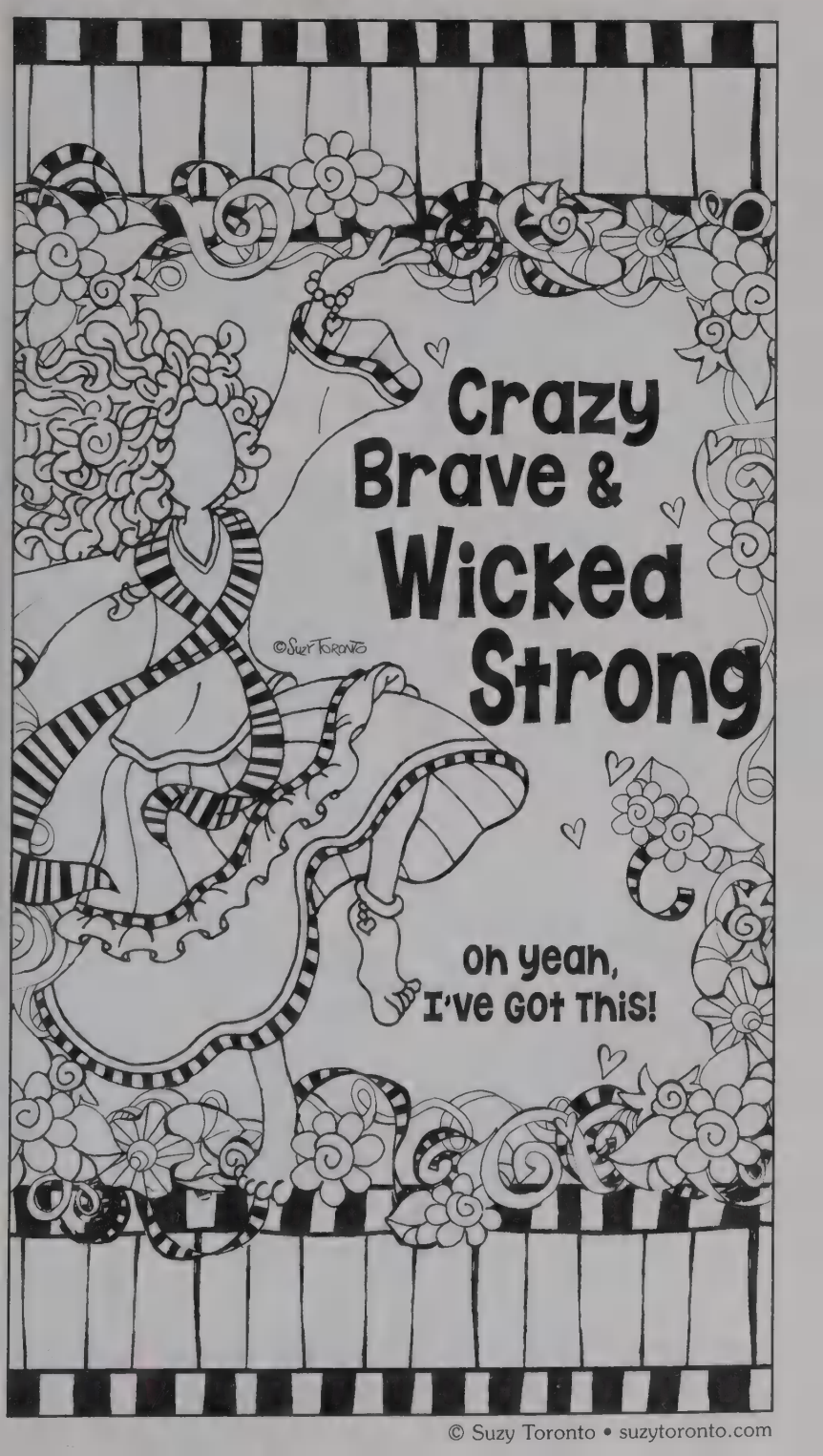
make it  
part of  
the Dance

© Suzy Toronto



When the world around you starts to  
dim, you must find the light within.

When You Stumble (Sisterhood, mini)



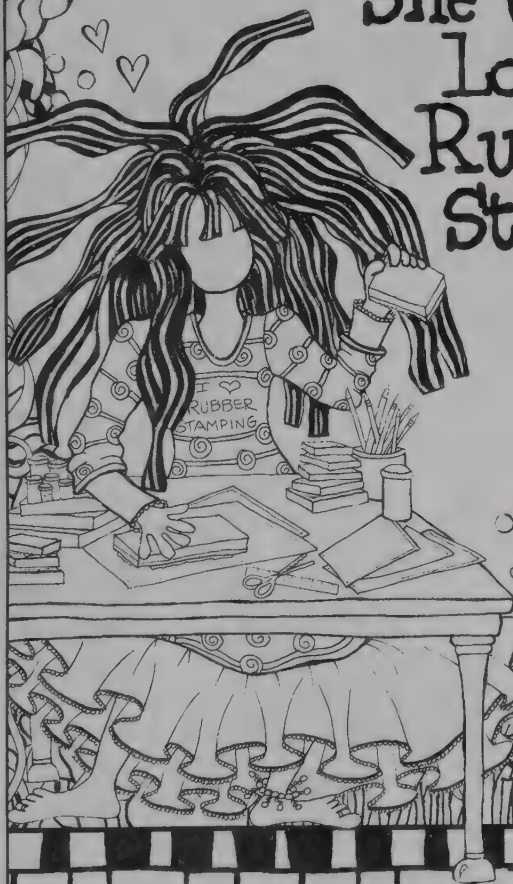
# Crazy Brave & Wicked Strong

oh yeah,  
I've Got This!

It's time to become the person you  
were always meant to be.

Crazy Brave & Wicked Strong (Sisterhood, mini)

# She Who Loves Rubber Stamping

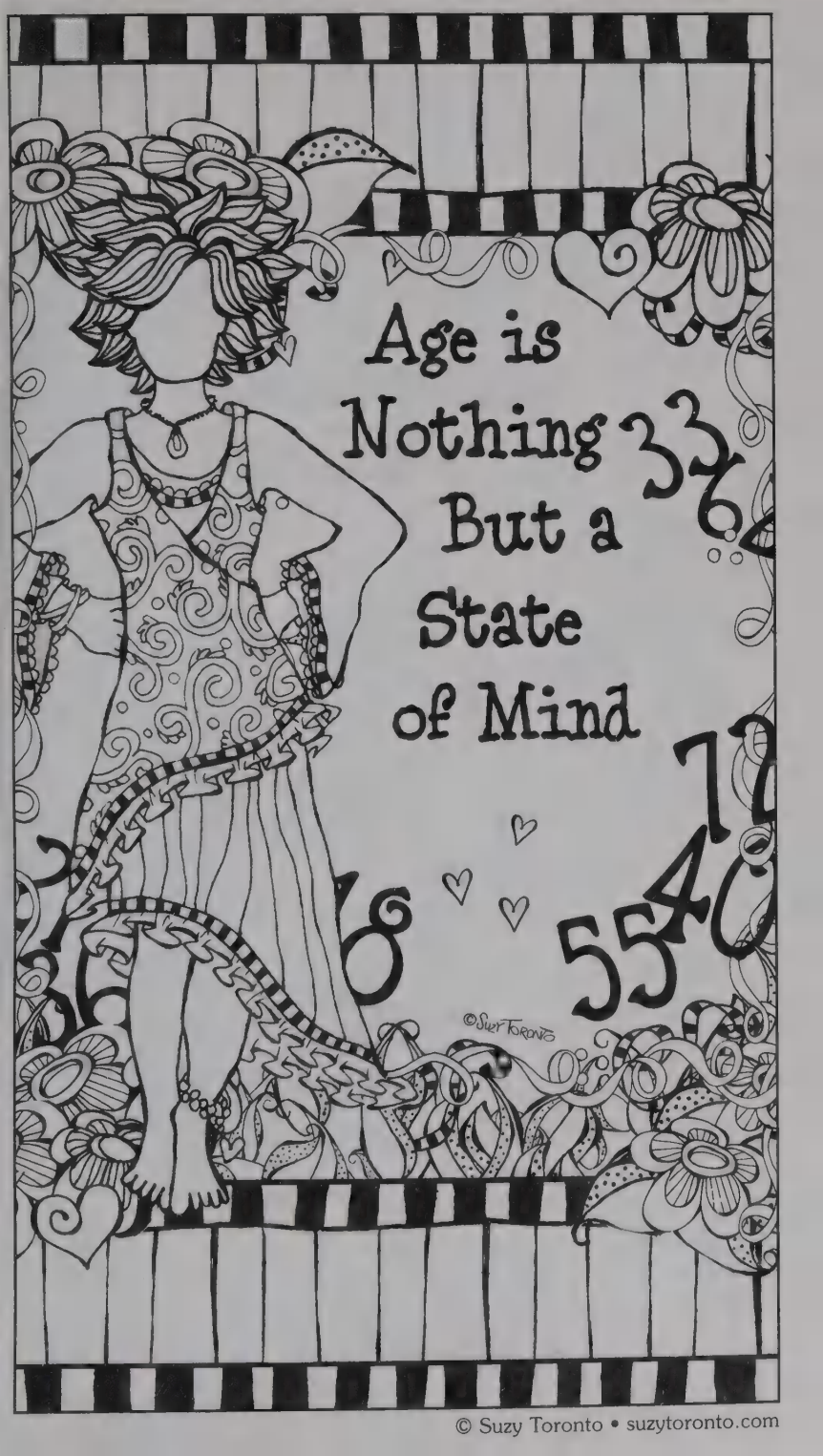


© Suzy Toronto



All great ideas start in someone's  
craft room and are preceded by  
waves of chaos.

She Who Loves Rubber Stamping (mini)

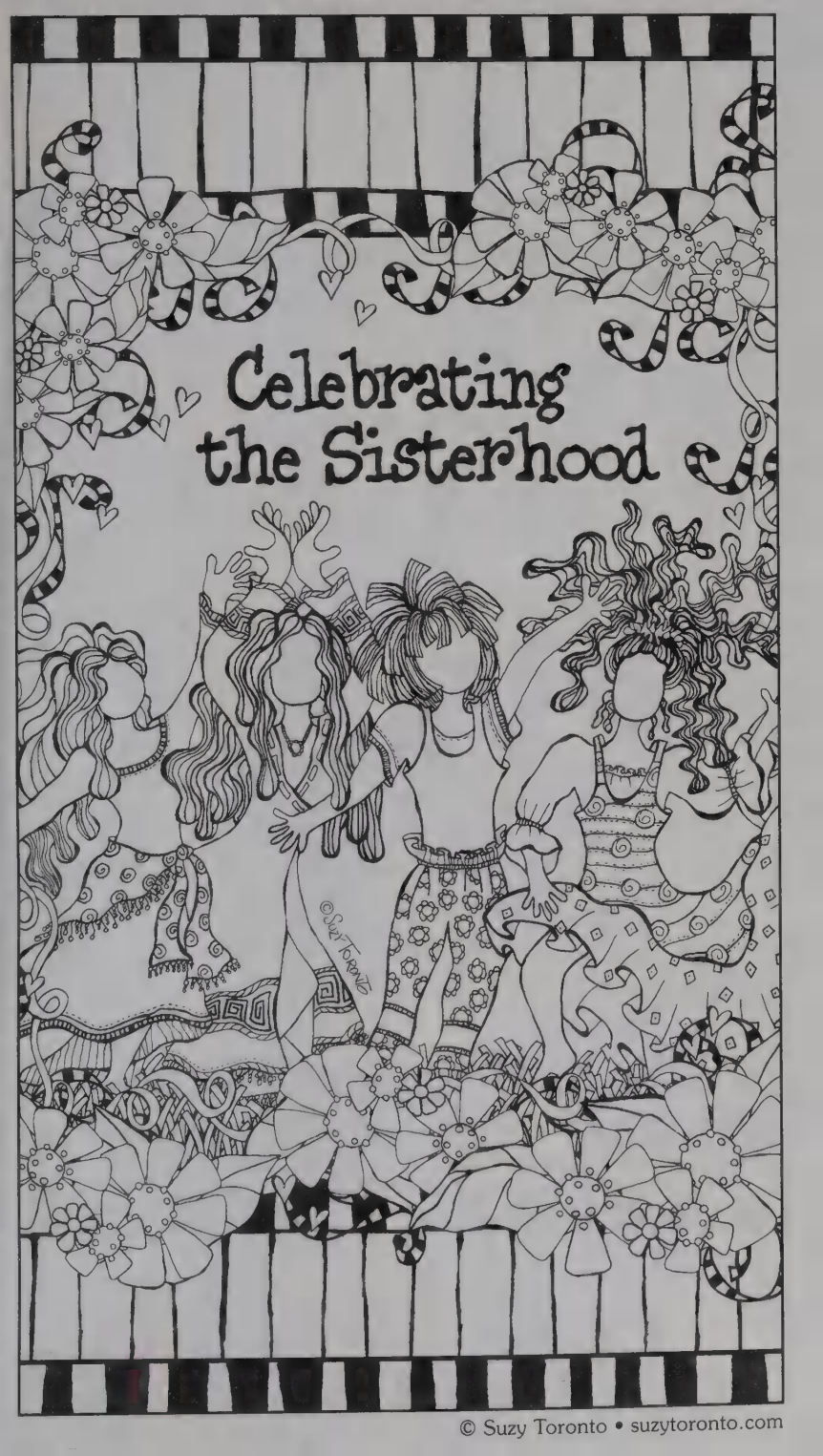


Age is  
Nothing 33  
But a 64  
State  
of Mind 72  
55

© Suzy Toronto

We're only as old as we feel, so it's  
best to stay lost in bewilderment.

A State of Mind (mini)



# Celebrating the Sisterhood



We are sisters by choice...  
not chance.

Celebrating the Sisterhood (mini)

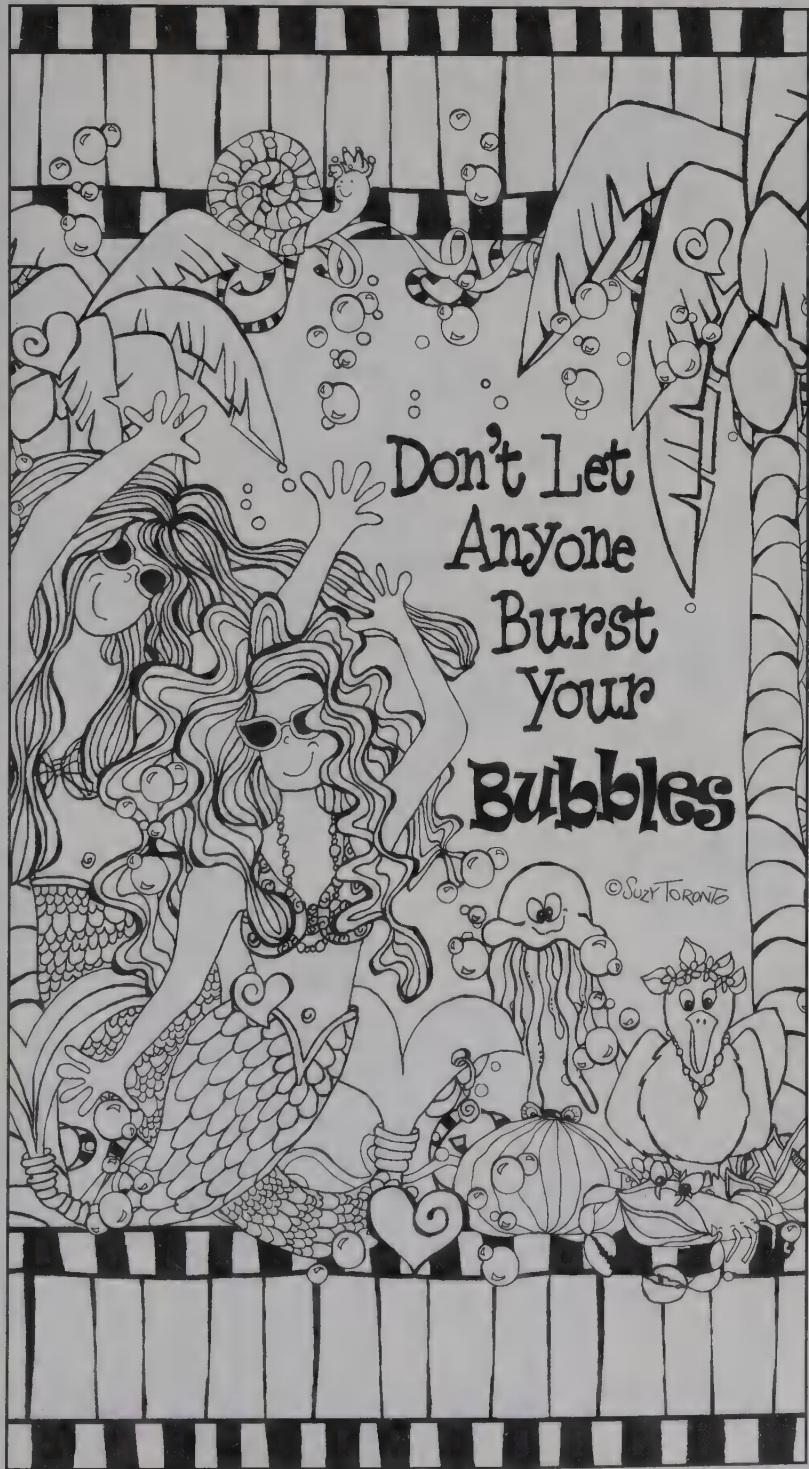
© Suzy Toronto

# The Sacred Sisterhood of Wonderful Wacky Women



Wacky women are the fabric of life  
that has the power to create a  
better tomorrow.

The Sacred Sisterhood of Wonderful  
Wacky Women (mini)



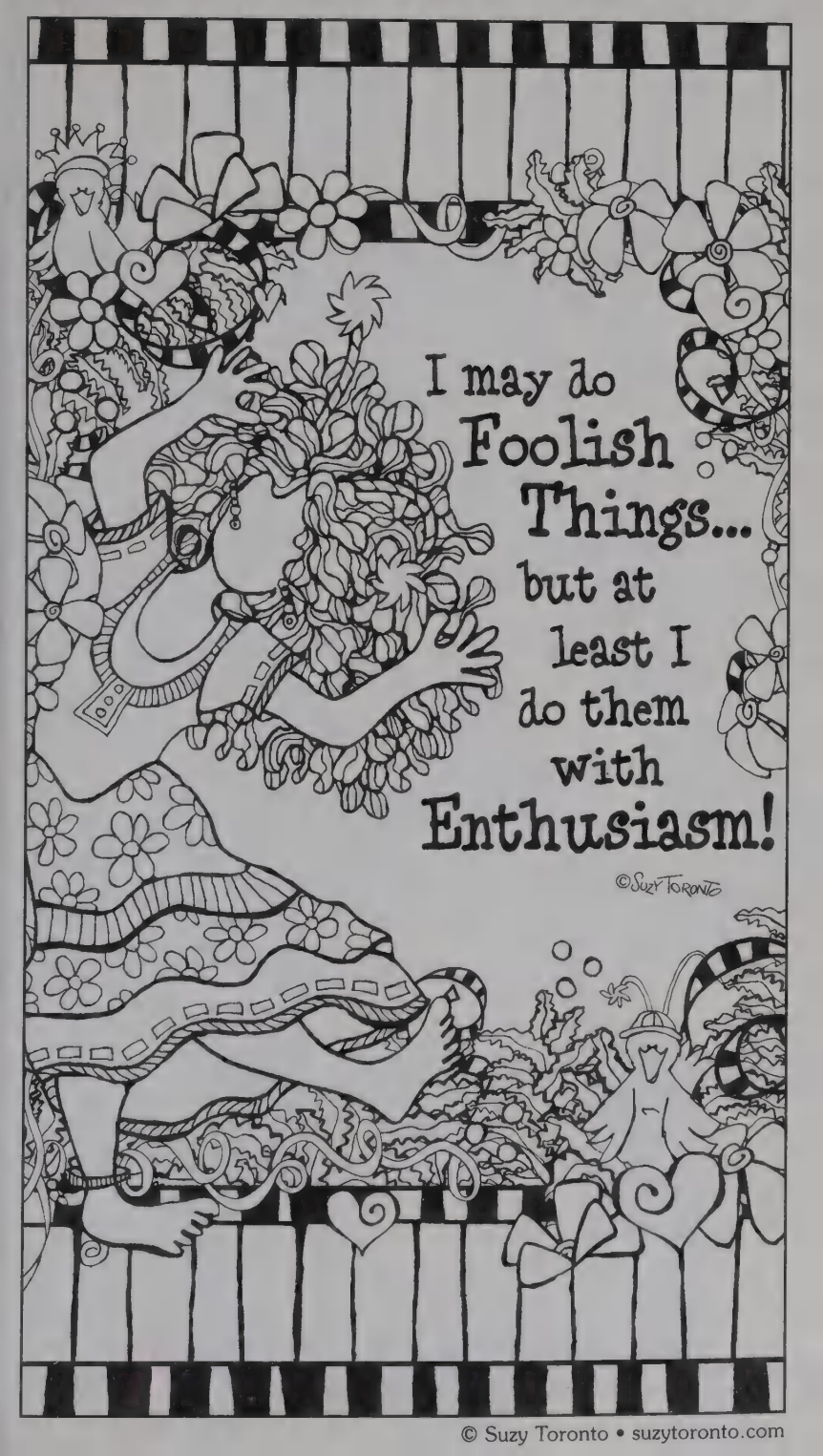
Don't Let  
Anyone  
Burst  
Your  
Bubbles

© SUZY TORONTO



Life is full of endless possibilities.

Don't Let Anyone Burst Your Bubbles (mini)

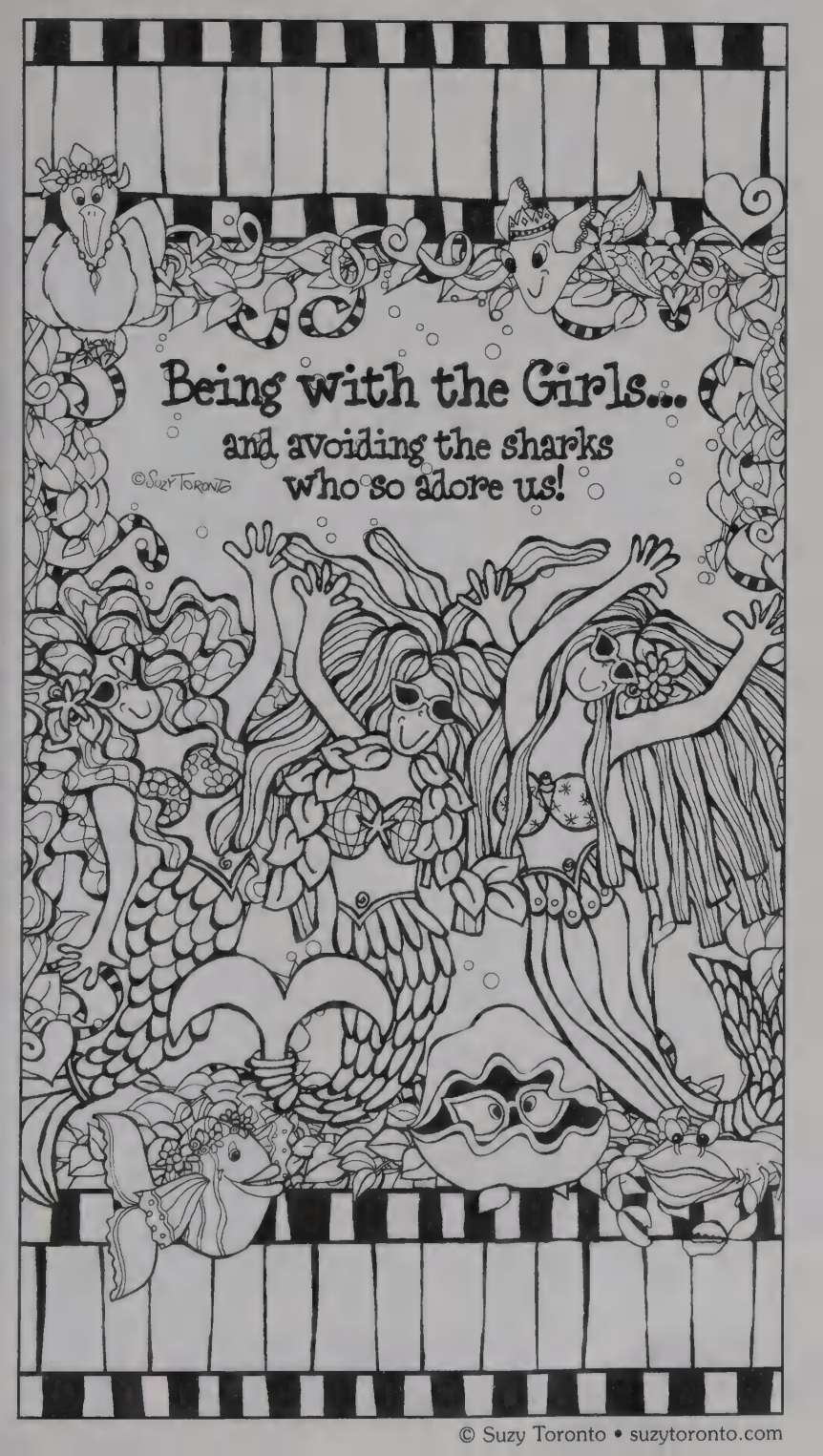


I may do  
Foolish  
Things...  
but at  
least I  
do them  
with  
Enthusiasm!

© Suzy Toronto

Some days I like being a fruitcake.

I Do Foolish Things with Great Enthusiasm  
(Sisterhood, mini)



# Being With the Girls...

and avoiding the sharks  
who so adore us!

©SUZYTORONTO



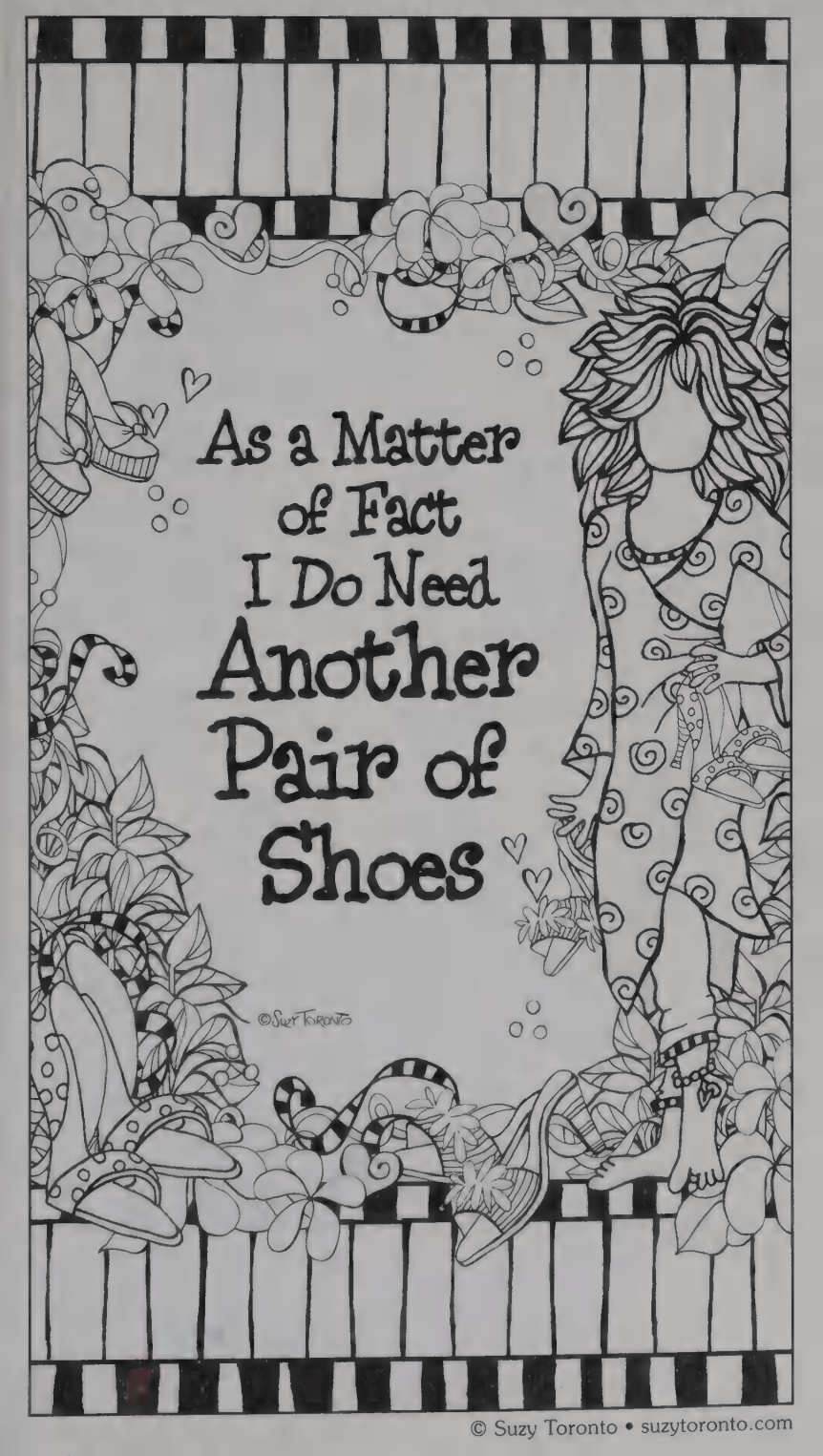
There are no limits to the things  
we can accomplish when we're  
supposed to be doing something else.



# She Who Loves to Scrapbook

© Suzy Toronto

You can make a difference in  
the world with just spit, glue  
and duct tape.



As a Matter  
of Fact  
I Do Need  
Another  
Pair of  
Shoes

© Suzy Toronto

Flip-flops don't count when he says  
you have too many shoes.

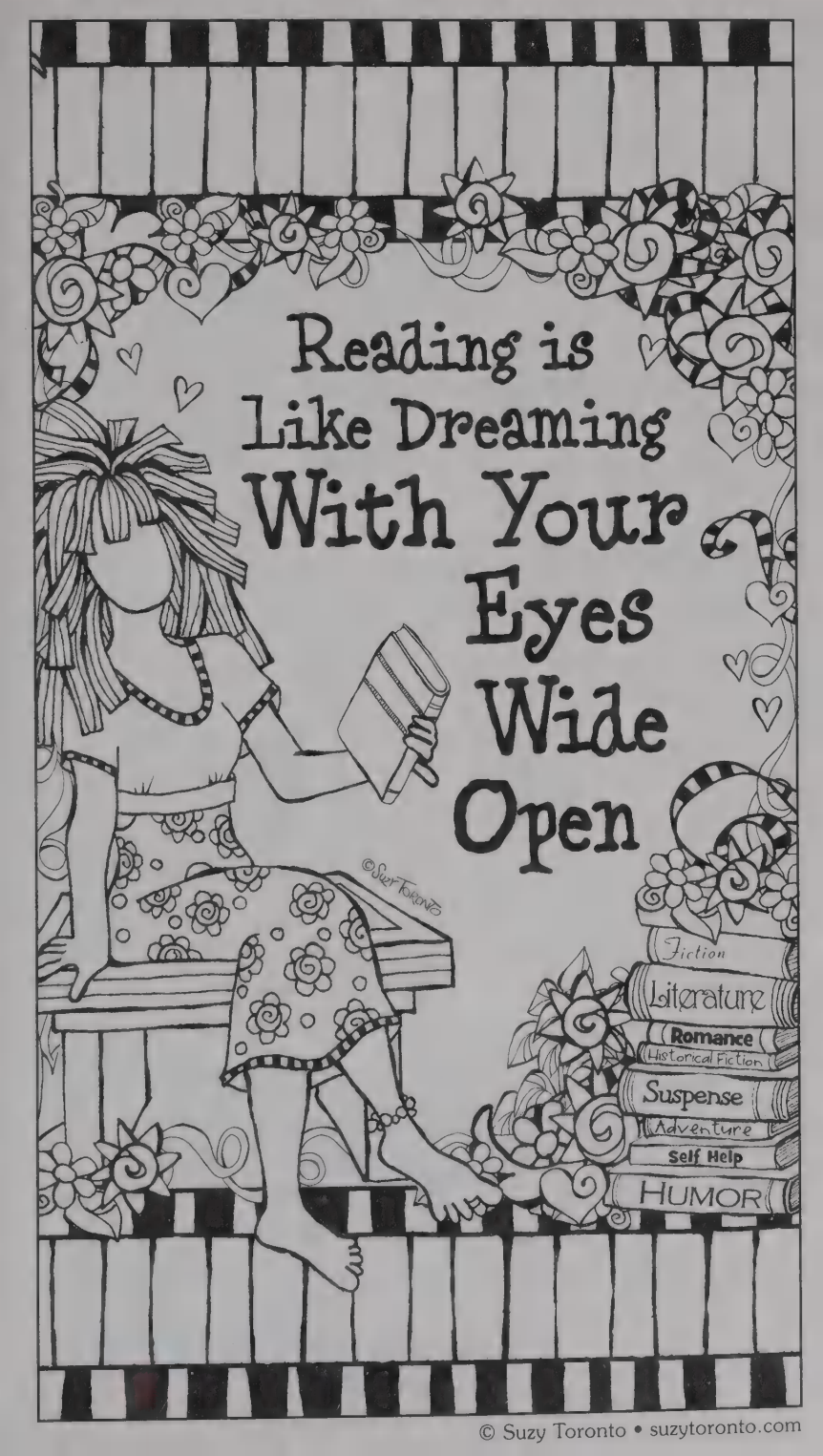
Another Pair of Shoes (Sisterhood, mini)



Be the  
Kind of  
**ENERGY**  
You Want  
to Attract

Make your life and your actions a  
story worth telling.

Be the Energy You Want to Attract (mini)



Reading is  
Like Dreaming  
With Your  
Eyes  
Wide  
Open

© Suzy Toronto

Fiction  
Literature  
Romance  
Historical Fiction  
Suspense  
Adventure  
Self Help  
HUMOR

Dream in colors that do not yet exist.

Reading Is Like Dreaming (Sisterhood, mini)



I AM  
wearing my  
Big-Girl  
Panties...  
but they're  
starting  
to bunch...  
OK?!

©Suzy Toronto



Don't get your panties in a bunch.  
Nothing is solved by it, and it just  
makes you walk funny.

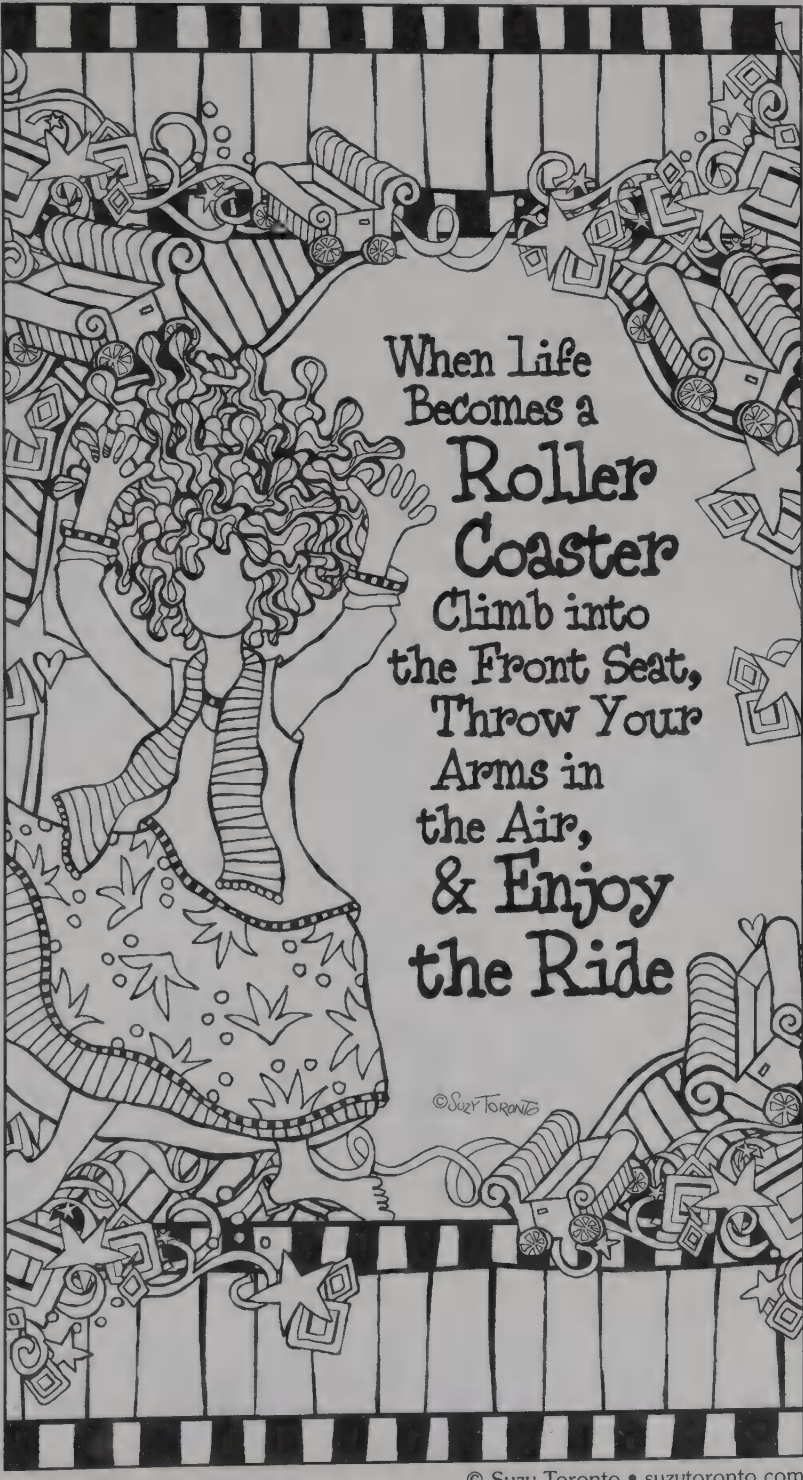
© Suzy Toronto

# Your Time Has Come



Start each day like it's your birthday.  
Make it ridiculously amazing.

Your Time Has Come (mini)



When Life  
Becomes a  
**Roller  
Coaster**  
Climb into  
the Front Seat,  
Throw Your  
Arms in  
the Air,  
& Enjoy  
the Ride

© Suzy Toronto

Be open to whatever happens next.  
Be flexible. That way, you never  
get bent out of shape.

Enjoy the Ride (Sisterhood, mini)



When Plan A Doesn't  
Work Out, I'm So Glad  
There Are 25 More  
Letters in the  
Alphabet

Life  
is All  
About  
How You  
Handle

Plan B

Life is not a journey, or a destination.  
It's an adventure.



# She Who Loves to Travel

Lead with your heart. It will never  
lead you astray.

She Who Loves to Travel (mini)



Never  
Underestimate  
the Power of  
a Hissie Fit



The noblest thing you can do is stand  
up for what is right. Sometimes you  
have to throw a few lightning  
bolts to be heard.

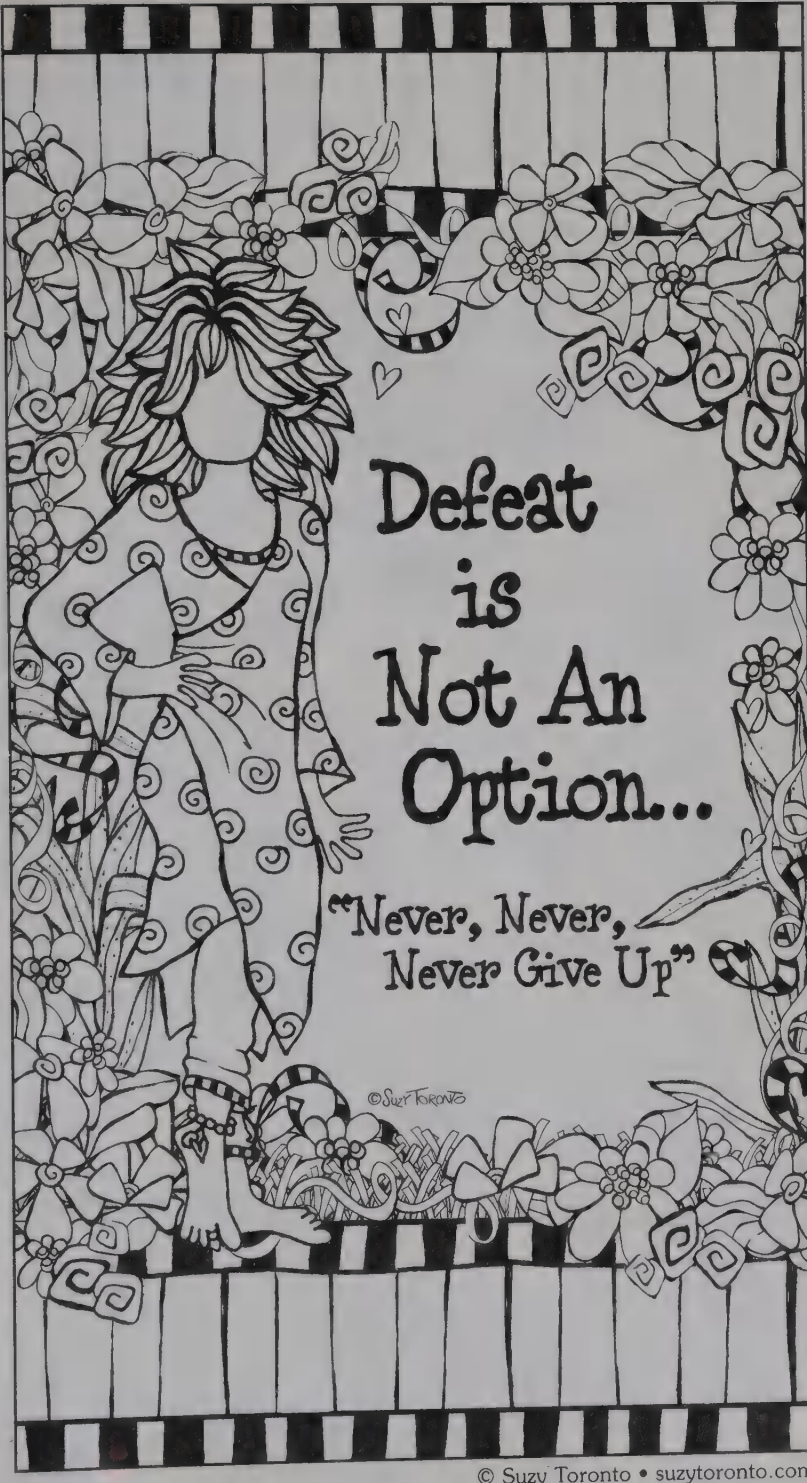
Hissie Fit (Sisterhood, mini)

We are a Sisterhood  
that will last forever...

© Suzy Toronto

Our bond is stronger than anything  
in this world. This is how  
sisterhood should be.

We Are a Sisterhood (mini)



Defeat  
is  
Not An  
Option...

"Never, Never,  
Never Give Up"

© Suzy Toronto

If you want rainbows, you gotta have rain. The trick is to put on your boots and go looking for puddles to play in.





Never  
Underestimate  
the Power of  
Girlfriends

© Suzy Toronto

Through triumphs and trials,  
we leaned on each other.

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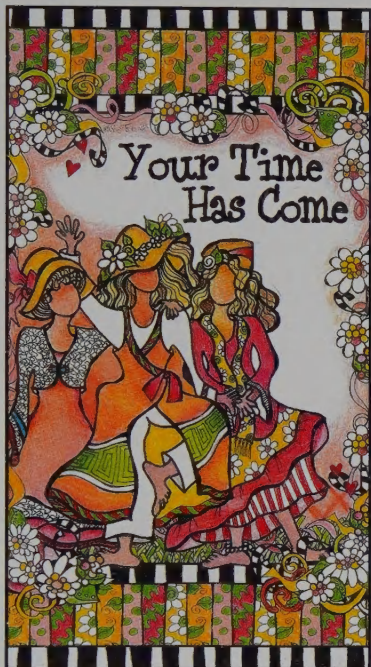
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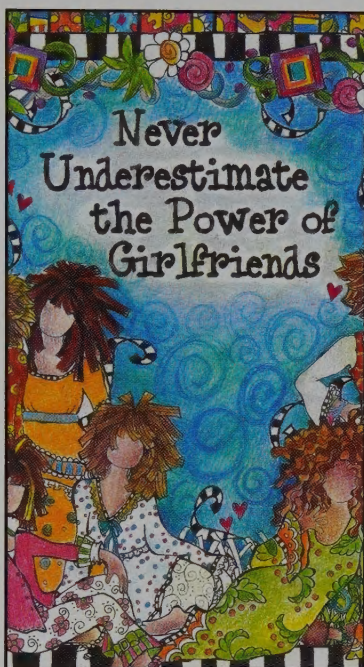
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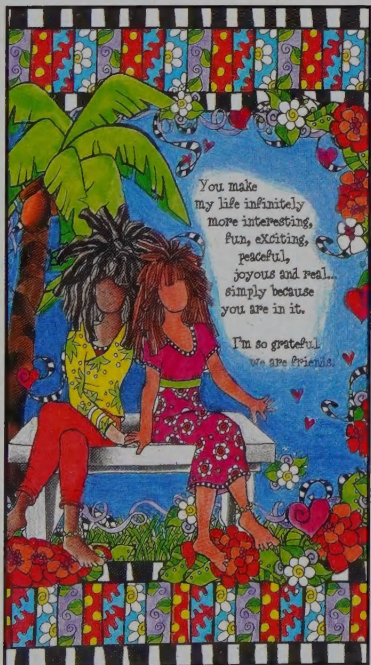
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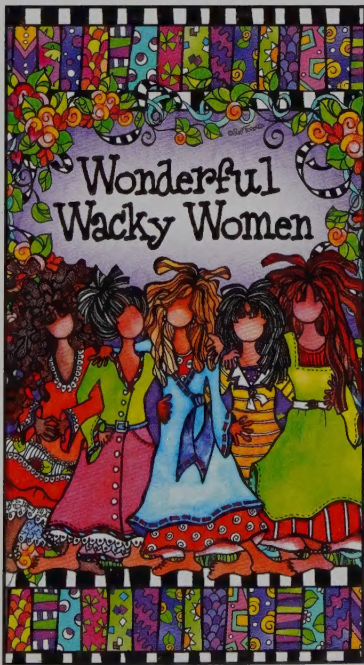
Colored pencils



Colored pencils



Colored pencils



Watercolors



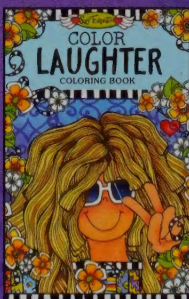
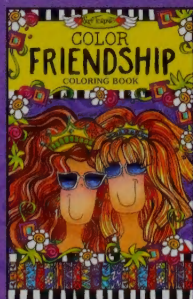
# Celebrate the Sisterhood

This empowering little coloring book celebrates the bold power of sisterhood and the remarkable strength of the bonds between women. Take it along in your pocket or purse, and you'll always be ready to find the silver lining in every cloud and live a life worth coloring.

## Perfectly portable coloring

- On-the-go coloring inspiration
- Soothing activity for break time and waiting rooms
- Uplifting messages and delightfully zany characters
- Perforated pages with high-quality paper
- Perfect for markers, watercolors, colored pencils, gel pens, or crayons

## Other Books in This Series



This book is printed on paper produced from trees harvested from WELL-MANAGED Forests where measures are taken to protect wildlife, plants, and water quality.

Printed on 200-year Archival Paper



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